Good news for homemakers

Eggs: a good protein buy

By SHIRLEY W. WALTON
Extension Agent

Eggs A Good Protein Buy

Eggs are one of the best protein buys in the super market today. They are low cost and good tasting. High Protein content makes them the perfect basis for any meal - breakfast, lunch, or supper.

Some people have asked whether yolks are lighter in color than they use to be. Sometimes they are. The yolk color is almost completely dependent on the feed the hen eats. Birds that have access to grass, pasture, yellow corn, or alfalfa in their diet tend to produce dark colored yolks.

The depth the color also varies. Generally brown shell eggs have a darker yolk color than eggs with white shells. However, the color of the yolk or shell has nothing to do with the nutritive value or cooking characteristics of the egg.

The color of the shell is determined by the breed of hen.

When a recipe calls for one egg do you know what size egg to use? Nutritionists and specialists who develop recipes say that most recipes are formulated using large eggs. Large eggs must weigh 24 ounces per carton compared to a minimum weight of 21 ounces for medium eggs and 18 ounces for small eggs.

The following are some excellent hints to help you when cooking with eggs. (1) To determine whether an egg is fresh without breaking the shell, immerse the egg in a pan of cool salted water. If it sinks to the bottom, it is fresh. If it rises to the surface, throw it away. (2) Fresh eggs are rough and chalky in appearance. Old eggs are smooth and shiny. (3) To determine whether an egg is hard cooked spin it, if it spins round and round it is hard cooked. If it wabbles and will not spin, it is raw (this is handy to know when we fix hard cooked eggs and leave them in the refrigerator hear the others and they get mixed up). (4) Pierce the end of an egg with a pin and it will not break when placed in boiling water. (5) A few drops of vinegar will keep poached eggs from running all over the pan. (6) Eggs beat up fluffier when they are not too cold; they should be at cool room temperature for best results. (7) By adding vinegar to the water you can boil cracked eggs without having the white run out of the shell. (8) When eggs are stuck to the carton just wet the carton and the eggs can be easily removed without cracking the shell. (9) Beaten egg whites will be more stable if you add one teaspoon cream of tartar to each cup of egg white (7 or 8 eggs). (10) A small funnel is handy for separating egg whites from yolks; open the egg over the funnel and the white will run through and the yolk will remain.

Hopefully the above hints will save you some trouble and time when you are handling eggs; remember that eggs are an excellent protein buy and can be used in many ways. Why not try them in a variety of ways for your family.

If you have a homemaking question or problem, you may call us at 352-8244, or you may write s at P. O. Box 488, Appomattox, VA 24522.

Have a good week homemakers!

Recipe of the Week
Chocolate Eclair Dessert

2 pkgs. French or plain instant Vanilla pudding
3 cups milk
1 - 9 oz. whipped Topping
2 sq. unsweetened chocolate
3 Tablespoons milk
1 teaspoon vanilla
1 1/2 cups sifted confectioner sugar
Graham crackers for lining.

Line bottom of 9 x 13 pan with whole graham crackers. Mix pudding with milk and beat with mixer on low for 3 minutes. Fold in whipped topping. Spread half over graham crackers. Top with layer of graham crackers. Put remaining filling over top.

Melt chocolate squares with margarine in double boiler or over low heat. Add syrup, milk, vanilla, and blend. Sift in sugar, mix well to spreading of graham crackers and spread. Refrigerate 6 hours. Cut and serve.

Keep refrigerated.

Many thanks to Elizabeth Hancock, my sister-in-law, for sharing this delicious dessert with us this week.

Bloodmobile visits on Thurs.

Please take special notice that our bloodmobile visit for this time will be on a Thursday, August 28.

We are so accustomed to Monday's and Tuesday's that we will really have to keep on our toes to remember this visit on at Thursday.

Remember blood is much needed, there is still a shortage so be sure and do your part if you are a qualified donor.

Local runners excel

Seven Appomattox runners participated Saturday (August 9) in the Salty Dog 5-Mile Race.

This race was held at 8:00 AM beginning and ending at the Salty Dog Shop in Timbrook Square, Lynchburg, Virginia.

Winner of the race was Richard Ferguson of Appomattox. He placed 1st in a field of 92, with a time of 25 minutes, 33 seconds.

Local runners, their overall place, and their time are as follows:

Runner	Place	Time
Richard Ferguson	1	25:33
Bob Pankey	20	33:12
Dick Smith	26	33:53
Garet Bosiger	33	34:37
Robert Garrett	50	37:03
Mike Hendricks	71	41:25
Sam Dickerson	73	41:51

Oakville news

Mr. Hubert Wilkerson returned home from Virginia Baptist Hospital Friday after taking test. Not sure of the nature of his illness.

Mr. J. D. Marshall and Miss Kathy Marshall attended the wedding of Miss Audrey Puckett at Mike Church, Keysville, Va. Sunday.

Red Oak Baptist Church revival is in session this week. Hope you can attend and hear this evangelist, Rev. George E. Kriedel Sr.

Attention Churches

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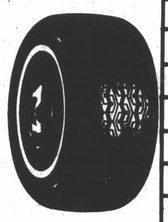

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Obituaries

Mrs. Zack T. Collins

DANVILLE-The funeral for Ada Guill Collins was held 2 p.m. Saturday at Townes Memorial Chapel. Interment was in Highland Burial Park.

Mrs. Collins was born June 6, 1911, in Appomattox, a daughter of the late Joel Guill and Bertha Carter Guill. On Feb. 5, 1932, she married Zack T. Collins, who survives.

Mrs. Collins was a member of Mosley Memorial United Methodist Church.

In addition to her husband of the home, she is survived by one daughter, Nancy C Colbert, Lebanon, Tenn.; three brothers, Daniel Guill, Lynchburg, and Julian Guill and James Guill, both of Appomattox; four sisters, Hester Witt, Lynchburg, and Clara Mitchell, Rachel Robertson and Hattie George, all of Appomattox; four grandchildren and two great-grandchildren.

Townes Funeral Home, Danville, was in charge of arrangements.

Mrs. Charles F. Cox

Ruth McGregor Cox, wife of the late Charles Franklin Cox and daughter of the late George and Ida Peterson McGregor, died Saturday night at the home of her niece, Mrs. Harvey E. Henderson, in Concord, Va., where she had made her home for the past two years.

She is survived by two sisters, Mrs. Agnes M. Evans of Concord and Miss Josephine McGregor of Lynchburg; and a number of nieces, nephews, great-nieces, great-nephews and great-great-niec e s and great-great-nephews.

She was educated in Lynchburg schools and was graduated from Randolph-Macon Woman's College. For many years, she was a legal secretary, both in Charlottesville and in Lynchburg. She was a member of Rivermont Presbyterian Church.

Funeral services were conducted at 11 a.m. Tuesday at Diuguid Memorial Chapel by the Rev. Lowell B. Sykes. Interment was in Spring Hill Cemetery.

Diuguid Funeral Service was in charge of arrangements.

Mrs. Hubert W. Hickman

Mrs. Maggie O'Brien Hickman, formerly of 1216 Stratford Road, Lynchburg, died Tuesday, Aug. 5, in Camelot Nursing Home. She was 83.

Born in Appomattox County, widow of Hubert W. Hickman, she retired from Schewel Furniture Company and was a member of Chestnut Hill Baptist Church.

She is survived by a number of nieces and nephews.

Graveside services were conducted at 3 p.m. Thursday in Spring Hill Cemetery by the Rev. Paul Blevins.

Diuguid Funeral Service was in charge of arrangements.

Mrs. Minor H. Marks

Mrs. Carmen Hendrick Marks of 4223 Almora Ave., Richmond, died Thursday morning in a Richmond hospital.

Born in Campbell County, she was a daughter of the late Joseph Hendrick and Lucille Ware Hendrick.

She is survived by her husband, Minor Hughes Marks; a daughter, Mrs. Florence M. Martin of Richmond; a son, Minor H. Marks Jr. of Key West, Fla.; a grandson, Robert Minor Martin; two brothers, Joe Hendrick and Johnny Hendrick, both of Lynchburg; two sisters, Mrs. Frances Dodson of Lynchburg and Mrs. Mildred Carey of Raleigh, N.C.; a half-brother, Wyatt Hendrick of North Carolina; and two half sisters, Mrs. Althea Hunt of Lynchburg and Mrs. Arlene McKinney of Ashland.

Funeral services were conducted at 11 a.m. Saturday at Robinson Funeral Home in Appomattox. Burial was in Concord cemetery.

Mrs. James Ross

Elsie Mae Bryant Ross of Christiansburg died at 2 p.m. Monday, August 4, in Montgomery County Hospital.

Born in Buckingham County, she was a daughter of the late Clifford Iverson Bryant and Bettie Ragland Bryant. Married three times, she is survived by her present husband, James Ross.

In addition to her husband, she is survived by six sons, Calvin Heath of Lynchburg, James Bryant of Evington, and Edward Ray Bryant, Bobby Lee Bryant, Larry Wayne Bryant and Richard Paul Bryant, all of Lynchburg; five daughters, Mrs. Virginia Schmitt of Lynchburg, Mrs. Gail Hamlett of Pamplin, Mrs. Mary Alice Woody and Miss Dorothy Rebecca Bryant, both of Appomattox, and Mrs. Betty Kramer of Chicago, Ill.; a brother, Britton E. Bryant of Christiansburg; 21 grandchildren, and two great-grandchildren.

Funeral services were conducted at 11 a.m. Thursday at Bagby Baptist Church with burial in the Bryant cemetery, Buckingham County.

Robinson Funeral Home, Appomattox, was in charge of arrangements.

Revival planned

The East Campbell United Methodist Youth Subdistrict is sponsoring a revival August 17 thru Aug. 20, 1980 at 7:30 P.M.

The Rev. Steve Wingfield of Roanoke, Va. will be the guest speaker and Mr. Royal Fariss of Rustburg, Va. will be the song leader.

Special music will be provided each evening. The revival will be conducted in the following churches:

Sunday night-Mt. Zion United Methodist Church, Monday night-Whites United Methodist Church, Tuesday night-Salem United Methodist Church, Wednesday night-Early's Chapel United Methodist Church.

Everyone is welcome.

Austin promoted

Rachel N. Austin, daughter of William Napier Jr., of Route 2, Concord, Va., has been promoted in the U. S. Air Force to the rank of airman first class.

Airman Austin is a personnel specialist at Dyess Air Force Base, Texas.

C·B workshop will be held in Appomattox August 20

A workshop on reporting emergencies using citizen band (CB) radios will be taught on August 20, 7:00 p.m. at the Court House on Court Street, Appomattox, as a part of the National Emergency Aid Radio (NEAR) program to establish a CB network for highway aid and emergency service in the state.

The training course is sponsored by the Virginia Department of Transportation Safety (VDTS) in conjunction with Virginia Polytechnic Institute and State University (VPI & SU). CBers will learn to report emergencies to the nearest rescue squad, police and fire department and properly monitor emergency radio Channel 9.

"By reducing response time to emergencies and speeding relief to victims, countless lives in Virginia will be saved," said VDTS Director John T. Hanna.

Developed by the National Highway Traffic Safety Administration, NEAR coordinates activities of Channel 9 monitors with local emergency response systems.

The course will discuss the roles and procedures of Channel 9 monitors, hazardous material and effective use of the NEAR 800 toll-free number to record emergencies. The 30-minute film "Help is NEAR" will also be shown.

Local and state police, licensed CB operators, CB club members, safety personnel and emergency medical services representatives, are invited to attend the workshop.

For additional information contact: Dr. Dennis Price, Department of Industrial Engineering and Operations Research, 167 Whittemore Hall, VPI & SU, Blacksburg, 24061. Phone (703) 961-5635.

Reunion slated

The annual Childers and Hamilton family reunion will be held Aug. 24, in the Woodmen of the World Hall here in Appomattox.

A picnic lunch will be held starting at 1 p.m.

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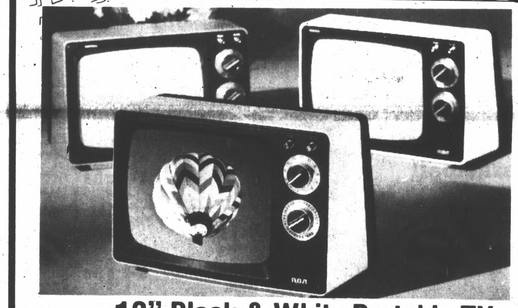

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